



The
Fleet & Family Support
Center

The Beacon

West Entrance ~ 930 Franklin Blvd.

Tel.: (559) 998-4042

March 2003

THE SPOTLIGHT IS ON...

Meet Beverly J. Medina, LMFT

- Q: *Why did you decide to enter into the mental health field?*
 BJM: I have always been interested in the psychology of people and why we are motivated to be who, or what we are. Being a therapist gave me some insight into the 'whys' of human behavior.
- Q: *Do you find working for the military as a therapist presents different challenges than working in civilian mental health setting?*
 BJM: Having also worked for the state penal system in a prison environment and for a county mental health system, I find that people are people no matter what the community. The problems people come to therapy for help with are basically the same no matter the population.
- Q: *Who are you?*
 BJM: I'm a person just like anyone else. I married right out of high school, and returned to school at age 45 while working full time, having to get my BA in Behavioral Sciences and a Master's in Counseling Psychology to enter this field. Following the intern and licensing process, I was able to call myself a licensed Marriage Family Therapist. I am the wife of Richard, mother of 3 sons, and grandmother to Christopher, 11 and Chrisanne, 16 months.
- Q: *What three qualities do you believe most accurately describe you?*
 BJM: I believe three qualities that describe me (though I do not dare take a poll!) would be responsible, empathetic, and that I have a great sense of humor. Do not ask my husband or children.
- Q: *In these uneasy times, what advice would you like to share with our readers?*
 BJM: Having lived the very long life I have lived (59 years this year) I would simply say, "This too will pass." When you are younger, the present seems as if it is how it will always be, as you live longer, the realization comes that bad times come and go in our lives individually and globally, and we have to look to the future for better times.
- Q: *What is the one fantastic, exciting thing that you dream of accomplishing during your lifetime?*
 BJM: To write a successful screenplay or novel and go to the Academy Awards for my Oscar in a Donna Karen original, really, really cool shoes and really, really expensive diamonds.
- Q: *What do you consider to be your life philosophy?*
 BJM: If you asked my husband or children or close friends their answer would probably be, "Get over it." Now, if you do not fall in the above categories, my philosophy of life would be that my life is a journey and I need to keep my eyes on the road and do not forget the chocolate!

Beverly Medina, a Licensed Marriage & Family Therapist and California native has been assisting Lemoore's Naval community through the Fleet & Family Support Center for 9 years.

Congratulations Ombudsmen!

Congratulations to the following personnel for completing Ombudsman Basic Training during February 2003:

Tara Espy	AIMD
Christine Vock	AIMD
Dianna Shipman	AIMD
Linda Opdyke	VFA-94
Danielle Harrison	VFA-115
Janene Bouse	VFA-25
Patricia Hernandez	VFA-25

The next Training course will be held this summer. If you are the spouse of an active duty service members and are interested in applying for this rewarding volunteer position, please contact your Command Master Chief. Ombudsmen are interviewed and appointed by the Commanding Officer and serve as a vital link between command and families.

For additional information about the Ombudsman Program, please contact Heidi Green at 998-4028.



FLEET & FAMILY
SUPPORT CENTERS

at The Center

COUNSELING
 DEPLOYMENT SUPPORT
 EDUCATION
 FAMILY ADVOCACY
 FINANCIAL MANAGEMENT
 INFORMATION AND REFERRAL
 RELOCATION
 SAVI
 SPOUSE EMPLOYMENT
 TRANSITION ASSISTANCE
 VOLUNTEERS



Fleet & Family Support Center



"Job Opportunities Week"

MINI-JOB FAIRS - "JOB OPPORTUNITIES WEEK" AT "THE CENTER"

This is a most unique and special week at the Fleet & Family Support Center at NAS Lemoore. This is your chance to hear the professionals speak and assist you in finding employment in the Central Valley. We have several employment agencies coming to NAS Lemoore to speak about their agency and what type of job opportunities they have available to you. If you need a job - this is a very important opportunity for you to attend these workshops. This is open to all active duty, retirees, spouses, and dependents. The schedule for the week of the March 3rd through March 7th, 2003.

Monday, March 3rd (11:30-12:30)
Budget Rental Car Corporation

Tuesday, March 4th (11:30-12:30)- Indian Gaming Center

Wednesday, March 5th (11:30-12:30) - Navy Exchange

Thursday, March 6th (11:30-12:30) - Manpower

Friday, March 7th (11:30-12:30 - Bennett Frost

If your looking for employment, dress for success and bring your resume. Call the Fleet & Family Support Center at 998-4042 to sign up. Class size limit is open. Open to all active duty, spouses, retirees and their dependents.

March 2003

THE BEST WORKSHOPS IN TOWN are at the Fleet & Family Support Center

<u>Date</u>	<u>Workshop</u>	<u>Instructor</u>	<u>Time</u>
Mar 3-7	Mini Job Fair	Hellman	1130
Mar 3-7	Financial Specialist Week	Green	0800
Mar 3, 10, 17, & 24	Anger Management	Tejeda	1500
Mar 12th	Smooth Move Workshop	Hellman	1600
Mar 13th	Dynamic Resumes	Shaw	1600
Mar 17th	TAP Workshop	Shaw	0800
Mar 19th	Resumix-Find a Federal Job Fast	Hellman	1600
Mar 26th	Stress Management	Hernandez	1300
Mar 31th	CONSEP (Career)	Shaw	0800

Visit Fleet & Family Support Center on the web!

All the latest information... just a few clicks away...

<http://www.lemoore.navy.mil/ffsc/>

PFM: Did You Know...

Did you know that the Fleet & Family Support Center offers a program that can help you stay out of debt, plan for retirement and make major purchases without getting ripped off? Did you know that The Center offers professional financial counselors ready to help you draft a budget? Did you know that similar services in the private sector charge hundreds of dollars, but these cost you nothing except your time?

Here are some things you should know about The Center's Personal Financial Management program:

- FEs are trained, accredited financial counselors with professional backgrounds in financial counseling and education. They provide counseling and education services to service members and family members.
- Comparable services in the private sector can cost \$250 or more per session. All FFSC services, including PFM, are cost-free benefits earned by service members and their families.
- More than 168,000 service members and family members visit The Center each year for financial counseling, training and referrals.
- The indirect costs of poor personal financial behavior among U.S. Navy service members are substantial - an annual loss in overall productivity conservatively estimated to be between \$208 million and \$294 million.
- You don't have to be thousands of dollars in debt to get something out of PFM. Come visit us before you get into trouble.

• Since the Thrift Savings Plan became available to the Uniformed Services in October 2001, the Navy leads all services in new enrollments, with 98,061 active-duty and Reserve personnel taking advantage of the program. That represents 25 percent of the total force.

• The next open season for Thrift Savings Plan enrollment begins April 15 and ends June 30. Visit your FFSC or the TSP Web site, www.tsp.gov, for more information.

IT'S TIME TO TAKE CHARGE!

Visit The Center this month to find out about the Navy's Personal Financial Management programs.

We can help you...

- ✓ Draft a budget
- ✓ Manage your debt
- ✓ Plan for retirement
- ✓ Even plan for major purchases like a house or car
- ✓ Learn about the Thrift Savings Plan



These programs are designed for Sailors and their families, and best of all, they're FREE - a benefit you have earned through your service.